

Family

Climbing for Children and Parents

Children will be taught the basics of climbing and climbing safety, while parents are taught to belay. This course will provide necessary instruction to allow parents to bring their children to Open Climbing nights. All equipment is provided. Registration deadline is one week prior to the start of class. Drop-in registrations are welcome on a space-available basis.

Ages: 7-12

Course #	Day	Date	Time	Fee (R/NR)
19574	M	Jul 10	7pm-9pm	\$35/\$39

Location: Climbing Gym

Geocaching 101

Ever thought of yourself as a treasure hunter? Well if you have, then this class is just right for you. Come learn what a GPS is, actually use one, and learn from an experienced geocacher how to find hidden messages in the 120 acre John G. Hayes Forest Preserve that surrounds Croydon Creek Nature Center. We will be outside most of the time so dress for the weather. If you own one, bring your own GPS.

Ages: 10+

Course #	Day	Date	Time	Fee (R/NR)
19087	Sa	Aug 5	10am-11am	\$10/\$12

Location: Croydon Creek Nature Center

Basic Walking for Fun & Fitness

This clinic will cover techniques that will allow you to participate in fitness walking while avoiding injuries. Topics include how many times per week, how long and how far, proper use of the arms, stride, length and selection of footwear.

Ages: 18+

Course #	Day	Date	Time	Fee (R/NR)
19612	W	Jun 28	7pm-9pm	Free

Instructor: Gallardo

Location: Rockville Senior Center



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